

ABSTRAK

HENDRA SETYAWAN: Model Permainan Aktivitas Luar Kelas (*Outbound*) untuk Mengembangkan Ranah Kognitif, Afektif, dan Psikomotorik Siswa Sekolah Menengah Atas. Tesis. Yogyakarta: Program Pascasarjana, Universitas Negeri Yogyakarta, 2014.

Penelitian ini bertujuan untuk menghasilkan model-model permainan ALK yang layak digunakan sebagai materi pembelajaran penjas, serta efektif untuk mengembangkan ranah kognitif, afektif, dan psikomotorik siswa SMA. Permainan-permainan yang dikembangkan diharapkan dapat digunakan oleh guru sebagai salah satu bentuk pembelajaran terintegrasi yang efektif dalam mengembangkan ranah kognitif, afektif dan psikomotorik melalui permainan ALK yang bersifat rekreatif.

Penelitian pengembangan dilakukan dengan langkah-langkah penelitian pengembangan sebagai berikut: (1) pengumpulan informasi di lapangan, (2) melakukan analisis terhadap informasi yang telah dikumpulkan, (3) mengembangkan produk awal, (4) validasi ahli dan revisi, (5) uji coba lapangan skala kecil dan revisi, (6) uji coba lapangan skala besar dan revisi, dan (7) pembuatan produk final. Uji coba skala kecil dilakukan terhadap siswa kelas X-D dan XI-IPA 4 dari SMA N I Prambanan Klaten yang berjumlah 66 orang. Uji coba skala besar dilakukan terhadap siswa kelas X-G, X-H, XI-IPS 3, dan XI-BHS dari SMA N I Prambanan Klaten yang berjumlah 132 orang. Instrumen pengumpulan data yang digunakan yaitu; (1) pedoman wawancara, (2) skala nilai, (3) pedoman observasi permainan, (4) pedoman observasi keefektifan permainan, (5) pedoman observasi terhadap guru pelaku uji coba, dan (6) rubrik penilaian untuk mengukur kinerja siswa dan ketercapaian indikator dari tiap permainan. Teknik analisis data dengan analisis deskriptif kuantitatif dan analisis deskriptif kualitatif.

Hasil penelitian berupa buku dan CD panduan permainan ALK yang mengembangkan ranah kognitif, afektif, dan psikomotorik bagi siswa SMA, berupa tujuh model permainan, yaitu: (1) permainan perang terbuka, (2) permainan pesan berantai, (3) permainan gelas bocor, (4) permainan keseimbangan membawa air, (5) permainan lari jembatan, (6) permainan pipa air mengalir, dan (7) permainan rintangan menuang air. Hasil penelitian menunjukkan bahwa model permainan yang disusun layak dan efektif digunakan dalam pembelajaran penjas, hal ini dibuktikan dengan perolehan persentase sebesar 100% dari data hasil kuesioner skala nilai, observasi model permainan, observasi keefektifan permainan, dan observasi guru pelaku uji coba. Selain itu model permainan juga efektif untuk mengembangkan ranah kognitif, afektif, dan psikomotor, yang dibuktikan dengan terjadinya peningkatan persentase nilai rata-rata siswa sebesar 21%. Dengan demikian model permainan ALK yang dikembangkan layak digunakan dalam pembelajaran penjas, serta efektif mengembangkan ranah kognitif, afektif dan psikomotor bagi siswa SMA.

Kata Kunci: *model, permainan, aktivitas luar kelas, kognitif, afektif, psikomotorik*

ABSTRACT

HENDRA SETYAWAN: *The Outdoor Activity (Outbound) Game Models to Develop the Aspect of Cognitive, Affective, and Psychomotor of The Senior High School Students. Thesis. Yogyakarta: Graduate School, Yogyakarta State University, 2014.*

This study aims at producing outdoor activity game models which are proper to be used for physical education learning and developing cognitive, affective, and psychomotor domains for senior high school students. The games which are developed can be used by the teacher of senior high school as one effective integrated learning which develop cognitive, affective, and psychomotor domains by ALK game which is recreational.

This educational research and development was carried out following the steps of developing research, consisting of: (1) collecting information, (2) information analysis, (3) developing initial product, (4) expert validation and revision, (5) preliminary field test and revision, (6) main field test and revision, and (7) making the final product. The small field try out is done for the students of the class X-H and XI-IPA 3 from SMA N 1 Prambanan, Klaten, with the total number of students 66. The big field try out is done for the students of class X-G, X-H, XI-IPS, and XI Bahasa from SMA N 1 Prambanan, Klaten, with the total number students 132. The data instruments collecting which were used were: (1) interview guide, (2) rating scale, (3) observation guide for games observation, (4) observation guide for games effectiveness, and (5) observation guide for perpetrator teachers, (6) scoring rubric for measuring student's work and indicator achievement for each game. The data were analyzed using quantitative descriptive analysis and qualitative descriptive analysis..

The result of this study is in the form of a guide book and ALK game CD that develop cognitive, affective, and psychomotor domains for high school students, consisting of 7 game models, including: (1) open war game, (2) chain messages game, (3) leak glass game, (4) bring water balance game, (5) bridge run game, (6) water pipe game, and (7) pouring water obstacle game. The assessment result shows that the game models which are planned are proper and effective to be used in physical education, this is proved by percentage result about 100% from score scale questioner data, game model observation, observation for the offender trial teacher. Besides, the game is also effective for developing the aspect of cognitive, affective, and psychomotor which is proved by the increasing of percentage average of the students about 21%. Therefore, outdoor activity developed can be used for physical education learning and effective in developing cognitive, affective, and psychomotor domains for senior high school students.

Keywords : *models, games, outdoor activity, cognitive, affective, psychomotor*